

Making it delicious

Pumpkin Pie Smoothie

THE
Open
Door

Ingredients (serves 2)

- 2 bananas, frozen*
- 1 cup pumpkin puree
- 1/2 - 1 cup milk
- 1 teaspoon cinnamon
- 1/4 tsp. pumpkin pie spice**
- 1-2 Tbsp. maple syrup or honey
- 1/2 tsp. vanilla extract

- Optional:
Yogurt (plain or vanilla)

*If not frozen, add a handful of ice cubes.

**Or a pinch each of ground nutmeg, ginger, and cloves



Instructions

- Add all the ingredients to a blender and blend until smooth.
- Turn off the blender and use a spatula to get rid of air pockets as needed.
- Serve topped with a sprinkle of cinnamon or even a dollop of whipped cream!

Recipe adapted from The Natural Nurturer

SERVINGS: 2 | PREP TIME: 5 MIN